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Participant Information And Consent Form

Title	Doing It differently: Parents' lived experiences of raising children in ways they weren't raised
Principal Investigator/Senior	Dr Ruby Walter
Principal Research Student(s)	Ms Nadia Pennesi

What does my participation involve?

1 Introduction

You are invited to take part in this research project, which is called Doing It differently: Parents' lived experiences of raising children in ways they weren't raised if you identify as a parent of a child (0-12 years old) who is intentionally parenting differently from how you were raised.

This Participant Information and Consent Form tells you about the research project. It explains the processes involved with taking part. Knowing what is involved will help you decide if you want to take part in the research.

Please read this information carefully. Ask questions about anything that you don't understand or want to know more about. Before deciding whether to take part, you might want to talk about it with a relative or friend.

Participation in this research is voluntary. If you don't wish to take part, you don't have to.

If you decide that you would like to take part in this research project, please sign and electronically return the Consent Form at the end of this document. You can then arrange an interview time with the student researcher. At the beginning of the recorded interview, you will also be asked to verbally give your informed consent to participate in this study: either 'Yes' you agree, or 'No' you do not agree.

By saying 'Yes' (you agree), you are telling us that you:

- Understand what you have read in this document
- Have been encouraged to ask any questions and you are satisfied with the answers to these questions
- Consent to take part in the research project

You will be emailed a copy of this Participant Information and Consent Form to keep. You may like to download this form and save it somewhere on your device where you can access it again if needed.

After reading this form, you can express your interest to participate in this research by contacting the student researcher via email on S4242503@student.rmit.edu.au

2 What is the purpose of this research?

The aim of this research project is to explore the experiences of parents who have chosen to raise their children in ways that differ from how they themselves were raised. Many parents

RMIT Classification: Trusted

make conscious decisions about the kind of parent they want to be, often drawing on their own childhood experiences to guide the choices they make. This study seeks to better understand what influences these decisions, what intentional parenting looks like in everyday family life, and how parents make sense of this journey.

While research has examined how parenting patterns can be passed from one generation to the next, much less is known about parents who actively choose a different path. This study hopes to deepen understanding of how parents reflect on their upbringing, make deliberate changes, and navigate the rewards and challenges of parenting in new ways. It will also explore the meaning parents attach to these choices and how they experience the ongoing process of raising their children intentionally.

The findings from this research may help inform future research, parenting programs, and professional practice by increasing understanding of the experiences and needs of parents undertaking intentional parenting change. It is also hoped that this research will help other parents with similar experiences feel seen, understood, and less alone in their journey.

The results of this research will be used by the researcher Nadia Pennesi to obtain Psychology Honours degree.

3 What does participation in this research involve?

If you choose to take part in this research, you will first be asked to read this Participant Information and Consent Form and indicate your consent before any research activities begin.

Participation will involve taking part in one individual interview lasting approximately 45 to 60 minutes. A suitable date and time will be arranged with you, and the interview will be conducted online via Microsoft Teams.

At the beginning of the interview, you will be asked to provide your informed consent verbally by confirming whether you agree to participate: either ‘Yes’ you agree, or ‘No’ you do not agree’. The interview will be recorded so that it can be accurately transcribed for analysis. Once the transcript has been checked for accuracy, the recording will be deleted. At the end of the interview, you will be offered the option to review your transcript and make any changes or remove any information if you wish.

During the interview, you will be asked questions about your experiences of choosing to parent differently from the way you were raised. The interview will be semi-structured, which means you will be asked a set of guiding questions, while also having the opportunity to share any additional thoughts or experiences that you feel are relevant. You are free to decline to answer any question and may pause or stop the interview at any time.

You are welcome to ask questions at any stage of the research process, before deciding whether to participate, before the interview, during the interview, or afterwards.

Unfortunately, interpreters will not be available for this study. For this reason, participants will need to be sufficiently proficient in English to take part in the interview.

As a thank you for your time and contribution, you will receive a Coles Groceries Gift Card (valued at $50) after participating in the interview. Participants who choose to discontinue the interview due to distress or withdraw after commencing participation will still be eligible to receive the full gift card in recognition of the time and contribution they have already provided. This is intended to ensure that there is no pressure to continue participation.

To arrange voucher distribution, you will be asked to provide your email address and mobile phone number. These details will be used solely for voucher administration and will be stored

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separately from your interview data in a password-protected file accessible only to the student researcher and Principal Investigator. This administrative information will remain fully separate from interview recordings, transcripts, and all other research data. Once voucher distribution has been completed and any associated administrative requirements have been finalised, the voucher records will be securely destroyed.

4 Other relevant information about the research project

This study will involve approximately 4 to 6 participants. All participants will belong to a single group and will be individually interviewed about their experiences of intentionally parenting differently from the way they were raised.

To be eligible to participate, you must:

- be aged 18 years or older
- be a parent or primary caregiver of at least one child aged 0 to 12 years
- identify as intentionally parenting in ways that differ from how you were parented
- be able to speak and understand English well enough to participate in an interview.

All research activities for this project will be conducted through RMIT University. The project does not involve collaboration with other universities, institutions, or external organisations. This is a standalone study and is not part of, or linked to, any previous, follow-on, or extension research project.

5 Do I have to take part in this research project?

Participation in any research project is voluntary. If you do not wish to take part, you do not have to. If you decide to take part and later change your mind, you are free to withdraw from the project at any stage up until data analysis. Once the researchers begin analysing the results, all data will be de-identified and they will not be able to reliably identify whose responses are whose, in order to remove the correct participant's data. You will be notified of when the researchers plan to begin data analysis, so that you have ample opportunity to withdraw should you wish to.

If you do decide to take part, you will be given this Participant Information and Consent Form to sign and you will be given a copy to keep.

Your decision whether to take part or not to take part, or to take part and then withdraw, will not affect your relationship with the researchers or with RMIT University.

You may stop the interview at any time. Unless you say that you want us to keep them, any recordings will be erased and information you have provided will not be included in the study results. You may also refuse to answer any questions that you do not wish to answer during the interview.

6 What are the possible benefits of taking part?

We cannot guarantee or promise that you will receive any benefits from this research; however, you may appreciate contributing to knowledge. Possible benefits may include the opportunity to reflect on your parenting experiences, the choices you have made, and the meaning these hold for you and your family. For some participants, sharing their story may provide a sense of being heard, recognised, and valued for the effort involved in intentional parenting.

More broadly, this research aims to increase understanding of the experiences of parents who choose to parent differently from the way they were raised. The findings may help inform future research, professional practice, and parenting support services. It is also hoped that sharing

RMIT Classification: Trusted

these experiences will help other parents with similar journeys feel better understood, less isolated, and more connected to the experiences of others.

7 What are the risks and disadvantages of taking part?

Some of the questions asked during the interview may prompt reflection on your own upbringing, parenting experiences, or family relationships. While this study is not focused on childhood trauma or adverse experiences, discussing why you have chosen to parent differently may naturally bring up difficult memories or emotions. As a result, you may experience some discomfort or distress.

You are under no obligation to answer any question that you do not wish to answer. You may skip any question, pause the interview at any time, or stop the interview altogether without giving a reason. If you become upset or distressed during the interview, the researcher will provide immediate support, and you may choose to take a break, reschedule the interview, or withdraw from the study entirely. If needed, you will also be provided with information about appropriate support services.

Useful support services include:

- *Parentline Victoria:* **13 22 89** (8:00 am–midnight, 7 days a week)
- *Beyond Blue:* **1300 224 636** (24 hours, 7 days a week)
- *PANDA (Perinatal Anxiety and Depression Australia):* **1300 726 306** (9 am-7.30 pm, Monday-Friday and 9 am-4 pm, Saturday)
- *Medicare Mental Health:* **1800 595 212** (8:30am-5:00pm, Monday-Friday)
- *Family Relationship Advice Line:* **1800 050 321** (8 am-8 pm, Monday-Friday and 10 am-4 pm, Saturday)
- *SANE Australia:* ***1*800 187 263** (10:00 am–8:00 pm, Monday-Friday)

A further disadvantage may be the time required to participate, as the interview will take approximately 45 to 60 minutes. However, many people find that sharing and reflecting on their experiences can be meaningful. As a token of appreciation for your time and contribution, you will receive a $50 gift voucher after completing the interview.

8 What if I withdraw from this research project?

Your participation in this research is entirely voluntary. If you choose to take part, you are free to withdraw from the study at any time without giving a reason. If you decide to withdraw, this will not affect your relationship with the researcher, the research team, or RMIT University in any way.

If you wish to withdraw, you may do so at any time up until data analysis begins. To withdraw, simply contact the student researcher or a member of the research team. You will be informed of the date on which data analysis is expected to commence, giving you sufficient time to make this decision.

If you withdraw before data analysis begins, any information you have provided will be removed from the study and destroyed, provided it can be reliably identified. Once data analysis has commenced, your interview transcript will have been de-identified to protect your confidentiality. At that point, it will no longer be possible to identify your individual data, and therefore it cannot be withdrawn.

9 What happens when the research project ends?

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Once this research project has been completed, you may request a brief summary of the findings by emailing the principal investigator on ruby.walter@rmit.edu.au . With your consent a copy of the summary will be sent to your nominated email address. This summary will provide an overview of the main results and outline any plans for sharing or publishing the research.

It is anticipated that this summary will be available by the end of 2026.

How is the research project being conducted?

10 What will happen to information about me?

By consenting to participate in this research, you agree to the research team collecting and using the information you provide for the purposes of this study. Any information that could identify you will be treated as strictly confidential.

To maintain your privacy, your interview recording, transcript, and any other study-related information will be stored securely in a password-protected Microsoft OneDrive account managed by RMIT University. Only the student researcher and the principal investigator/supervisor will have access to this data. In accordance with university policy, your data will be stored for seven years after publication or project completion, after which it will be securely destroyed if no longer required.

To protect your privacy, your name, your children's names and any identifying details will be removed from the interview transcript. A pseudonym (a false name) for you and your children will be used in any written reports, publications, or presentations arising from this research. Any other potentially identifying information, such as names of family members, workplaces, or locations, will also be removed or altered.

The findings from this study may be included in a thesis, academic publications, conference presentations, or other research outputs. Your information will be used only for this research project.

In accordance with relevant Australian and/or Victorian privacy and other relevant laws, you have the right to request access to the information about you that is collected and stored by the research team. You also have the right to request that any information with which you disagree be corrected. Please inform the research team member named at the end of this document if you would like to access your information.

At the end of the interview, you will also have the option to receive a copy of your interview transcript to review. If you choose to do so, e you may suggest corrections, clarify your responses, or request the removal of any part of your transcript before analysis begins. This is entirely optional. You will be asked to return any requested amendments within seven days of receiving the transcript. This timeframe will be clearly communicated in the email accompanying the transcript. If no response is received within seven days, the transcript will be considered final and included in the analysis.

Any information that you provide can be disclosed only if (1) it is protect you or others from harm, (2) if specifically allowed by law, (3) you provide the researchers with written permission. Any information obtained for the purpose of this research project that can identify you will be treated as confidential and securely stored.

Participants should be aware that while every effort will be made to maintain confidentiality, there are legal and ethical limits to confidentiality. This includes circumstances where the researcher is required to disclose information to protect the participant or others from harm, or where there is a legal obligation to do so (for example, mandatory reporting requirements relating to suspected risk of harm to a child or disclosure of serious unlawful activity). In such cases, the researcher may need to report relevant information to appropriate authorities.

RMIT Classification: Trusted

11 Who is organising and funding the research?

This research project is being conducted by Dr Ruby Walter and Nadia Pennesi.

There are no conflicts of interest to declare.

12 Who has reviewed the research project?

All research in Australia involving humans is reviewed by an independent Ethics review body. This research project has been approved by one of the RMIT University review bodies. This project will be carried out according to the *National Statement on Ethical Conduct in Human Research* (2023). This statement has been developed to protect the interests of people who agree to participate in human research studies.

13 Further information and who to contact

If you want any further information concerning this project, you can contact any of the following people:

Research contact persons

Name	Nadia Pennesi
Position	Student investigator
Email	S4242503@student.rmit.edu.au

Name	Dr Ruby Walter
Position	Principal investigator / Senior supervisor
Email	ruby.walter@rmit.edu.au
Telephone	03 9925 7429

14 Complaints

Should you have any concerns or questions about this research project, which you do not wish to discuss with the researchers listed in this document, then you may contact:

Reviewing HREC name	RMIT University
HREC Secretary	Pascal Bernard
Telephone	03 9925 1985
Email	humanethics@rmit.edu.au
Mailing address	Manager, Research Governance and Ethics RMIT University GPO Box 2476 MELBOURNE VIC 3001

RMIT Classification: Trusted

Consent Form

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Principal Investigator/Senior Supervisor	Ruby Walter
Research Student(s)	Nadia Pennesi

Acknowledgement by Participant

I have read and understood the Participant Information Sheet.

I understand the purposes, procedures and risks of the research described in the project.

I have had an opportunity to ask questions and I am satisfied with the answers I have received.

I freely agree to participate in this research project as described and understand that I am free to withdraw at any time during the project without affecting my relationship with RMIT.

I understand that I will be given a signed copy of this document to keep.

Name of Participant (please print) _____

Signature _____ Date _____

Declaration by Researcher*

I have given a verbal explanation of the research project; its procedures and risks and I believe that the participant has understood that explanation.

Name of Researcher* (please print) _____

Signature _____ Date _____

* An appropriately qualified member of the research team must provide the explanation of, and information concerning, the research project.

Note: All parties signing the consent section must date their own signature.